

THE ACTIVITY PYRAMID

EACH WEEK, TRY TO BALANCE YOUR PHYSICAL ACTIVITY USING THIS GUIDE.

IF YOU'RE INACTIVE

(Rarely active)

Increase daily activities at the base of the pyramid.

- Walk whenever you can.
- Make leisure time as active as possible.

CUT DOWN ON

SITTING
WATCHING TV
WORKING
OR PLAYING
AT THE COMPUTER



3+ TIMES A WEEK

STRETCH &

TAKE STRETCH
BREAKS
YOGA/TAI CHI

STRENGTHEN YOUR MUSCLES

WEIGHT LIFTING
TENSION BANDS
PUSH UPS/CURL UPS



3-5 TIMES A WEEK

GIVE YOUR HEART & LUNGS A WORKOUT

BIKING/HIKING
RUNNING/JOGGING
SWIMMING/WATER AEROBICS

BRISK WALKING
BASKETBALL
IN-LINE SKATING



EVERYDAY

WALK OFTEN & STAY ACTIVE

WALK THE DOG

DO YARDWORK

PLAY GOLF
GO BOWLING

PARK YOUR CAR
FARTHER AWAY
TAKE THE STAIRS
INSTEAD OF
THE ELEVATOR



IF YOU'RE SPORADIC

(Active some of the time, but not regularly)

Become more consistent with activities in the middle of the pyramid.

- Plan activity in your day.
- Set realistic goals.

IF YOU'RE CONSISTENT

(Active most days of the week)

Choose activities from all levels of the pyramid.

- Change your routine if you start to get bored.
- Explore new activities.



21 Easy Ways to Add Physical Activity to Your Day

1. Got a dirty house? Turn household chores into a workout. Pick up the pace when you vacuum, mop or sweep. You'll be exercising and your house will be cleaner!



2. Climb the stairs. It's an easy way to add activity to your day. Plus, you won't have to wait for the elevator.

3. Take an after-dinner walk. Walk by yourself or with friends.

4. Park farther away from the grocery store or shopping mall. You'll be walking while everyone else is trying to find the perfect parking place.



5. Put some elbow grease into yard work. Mowing the lawn and shoveling snow will get your muscles moving.

6. Rake leaves instead of using a blower. It's quieter and a workout.

7. Walk or ride a bike to work. It's good for your health and for the environment!

8. Walk to run errands. Need to go to the post office or the library? Let your feet take you where you need to go!

9. Like to watch TV? Get an exercise machine and park it in front of the set.



10. Make an activity date with a friend. Instead of meeting for lunch, play basketball or tennis.

11. Try a workout video. Get active in the privacy of your home.

12. Take a dance or aerobics class. Let the music energize your body and your day.

13. Don't just watch sports, play them! Join a local team or take a class.

14. Take your dog for a longer walk. You'll both be wagging your tails!



15. Add a workout to your weekend plans.

Hike, swim or fly a kite. Take along a picnic and make a day of it.

16. Dance to the music. With or without a partner, in a club or at home, dancing is an excellent way to get exercise.

17. Start your morning with a jog. You may feel better all day!

18. Make family time activity time. Play with your kids at the park or go for a bike ride.

19. Join in fund-raising walks and fun runs. They benefit you and your community!

20. Make party time activity time. Hold parties at a bowling alley, skating rink or park.

21. Turn your coffee break into a walking break. Even 10 minutes of activity can improve your mood, reduce stress and improve your health.

Every Little Bit Counts

Experts say that 30 to 60 minutes of physical activity on most days offers many health benefits. But every bit can count. Adding activity into your life may be easier than you think.

- ✓ You can break up your physical activity time into little chunks.
- ✓ Just make sure you exercise for at least 10 minutes at a time. Work out hard enough that you lightly sweat and your heart beats faster, but not so hard that you can't talk while exercising.

Make physical activity part of your everyday life. You can do it.

